

Pot Roast With Cranberry Sauce

Yield: 8 servings.

Ingredients

- 1/2 cup all-purpose flour
- 1 garlic clove, minced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 boneless rump or chuck roast (about 3-1/2 pounds)
- 3 tablespoons vegetable oil
- 2 cups beef broth
- 1 medium onion, grated
- Pinch ground cinnamon
- Pinch ground cloves

CRANBERRY SAUCE: - 2 cups fresh or frozen cranberries - 1 small navel orange, peeled and diced - 1/2 cup sugar - 1 tablespoon cider or red wine vinegar

Directions

1. Combine flour, garlic, salt and pepper; rub over the roast.
2. In a Dutch oven, brown roast in oil.
3. Add broth, onion, cinnamon and cloves.
4. Cover and simmer for 2-1/2 hours or until the meat is tender.
5. Meanwhile, combine the cranberries, orange and sugar in a saucepan.
6. Cover and cook over low heat for 5 minutes.
7. Uncover and simmer until the berries burst and the mixture is thickened, about 20 minutes.
8. Remove roast and keep warm.
9. Skim fat from pan juices, reserving 2 cups.
10. Stir vinegar and reserved pan juices into the cranberry sauce.
11. Slice roast; serve with the cranberry sauce.